

Polenta with Pepper and Cheese

Rating: ★★★★★

Cook time: 23 minutes

Makes: 8 servings

Ingredients

- 4 cups** water
- 1 1/2 cups** corn meal (or polenta, uncooked)
- 1 can** whole kernel corn mixed with green and red peppers (11 ounces, drained)
- 2 cans** green chiles (7 - 8 ounces)
- 1/2 teaspoon** salt
- 1 tablespoon** margarine or butter
- 6 ounces** cheese, cheddar, reduced fat, shredded
- 1 can** black or pinto beans (15 ounces, rinsed)
- Garnish:
 - cilantro sprigs (optional)
- 1** red bell pepper (cut into rings)

Directions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

California Health Department - Los Angeles County, Es Facil CampaignSubmitted by Gloria Vargas

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	254	
Total Fat	4 g	6%
Protein	12 g	
Carbohydrates	43 g	14%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	506 mg	21%

MyPlate Food Groups

Vegetables	3/4 cup
Dairy	1/4 cup